

The most honest **acne treatment review** you'll ever read on the internet

You might have read lots of **acne treatment review** articles and **back acne treatment reviews**, but this might be the most honest one you're going to come across.

Acne treatment review

Many people read **acne treatment review** articles to learn what's effective and what's not when it comes to treating their dreaded papules, pustules and cystic pimples. There are also various **back acne treatment reviews** circulating online. However, some of these treatment reviews are sponsored and may be commissioned by companies that offer skin care product lines. This is why some of these reviews may not necessarily be truthful, and some of them may tend to sway readers to buy a specific company's product.

Acne 101

First of all, it is important to learn the basic about acne. Pimples appear when excess oil gets trapped in pores, blocking them and causing inflammation. Pimples may be caused by changes in hormones. Puberty, menstrual period, pregnancy, or hormonal imbalances may cause acne symptoms. Genetics can also affect a person's odds of getting pimples. Several studies suggest that a person's diet and stress levels can also trigger pimples. Along with these, hygiene and stress play a big part in appearance of pimples and other skin problems.

Reviews on home remedy acne treatments

Because a lot of **acne treatment review** articles online focus on chemical treatments, we'll review home remedy acne treatments on this article. Here are the most common home remedies that some websites recommend:

- Aspirin. Acne patients are advised to crush an aspirin and mix with water to create a paste, apply it to the zit and leave overnight. This remedy is quite effective because Aspirin has anti-bacterial properties and will reduce that pimple in the morning. However, patients should be careful because Aspirin can evoke allergic reactions to some people.
- Lemon juice. Some bloggers advise putting a bit of lemon juice on a cotton and putting it on the pimple before going to bed. This remedy may not work at all. Depending on the zit, the lemon juice may not actually penetrate skin (especially if the pimple is cystic). This could be an in futile effort to get rid of a pimple.
- Honey. There are some who advise applying honey on a pimple and leaving it on an hour before rinsing. Same as with lemon juice, this could be a useless effort. Yes, honey has anti-bacterial properties, but a drop of honey would not be enough to fight the infection in your pore.
- Tea Tree Oil. Tea Tree Oil users swear on applying a few drops of this to a pimple and leaving it on for 20 minutes before rinsing. This could work because of Tea Tree Oil's anti-bacterial properties.

- Baking soda. Some bloggers say a paste made out of baking soda and a little water or lemon juice can reduce the size of a pimple. This could work because it will exfoliate the skin and remove dead skin cells. However, a patient must be cautious because baking soda could irritate the skin, causing redness and more damage.

Avoiding pimples

The best remedy against pimples is to avoid getting it in the first place. Observe the three-step rule of skin care: cleanse, tone, moisturize. Be sure to use a cleanser that works to fight bacteria, but is not too harsh on your skin. For those who are prone to pimples, using an oil control toner may just be your best bet. There are also pimple control moisturizers available in the market with ingredients like salicylic acid that prevent pimples from forming. Eating healthy food and getting enough sleep every night can also work wonders for your skin. And lastly, dermatologists couldn't stress this enough – drink up! Drinking at least 8 glasses of water will not only clear your skin of imperfections, it will also be good for your health in general. So there it is, dear readers - [acne treatment reviews exposed](#).